



CHALLENGE YOURSELF!

Carbohydrates and the Glycemic Load*

Low Glycemic Load

- High-fiber fruits and vegetables (not including starchy vegetables like potatoes, corn, peas and squash)
- Bran cereals (1 oz)
- Whole grain crackers (1oz)
- Many legumes, including chick peas, kidney beans, black beans, lentils, pinto beans (5 oz cooked, approx. 3/4 cup)

Medium Glycemic Load

- Pearled barley: 1 cup cooked
- Oatmeal: 1 cup cooked
- Brown rice: 3/4 cup cooked
- Bulgur: 3/4 cup cooked
- Whole grain breads: 1 slice
- Whole-grain pasta: 1 1/4 cup cooked

High Glycemic Load

- Baked potato: 1 oz
- French fries: 1 cup
- Refined cereal products: 1 oz
- Sugar-sweetened beverages: 12 oz
- Jelly beans: 10 large or 30 small
- Candy bars: 1 2-oz bar or 3 mini bars
- Couscous: 1 cup cooked
- Cranberry juice cocktail: 8 oz
- White basmati rice: 1 cup cooked
- White-flour pasta: 1 1/4 cup cooked

*Glycemic load categorization adapted from Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *Am J Clin Nutr* 2002; 76:5-56. and Harvard School of Public Health

Eat more whole, unprocessed grains and fewer refined, high sugar foods.

GOAL: 16 grams of whole grains per day.

1. Start the day with whole grains.

- Look for cereals that list **whole** wheat, oats, barley, or other grain first on the ingredient list of cereals and breads.
- Try quick oats or steel cut rather than instant oatmeal
- Look for cold cereals with at least 6 grams of fiber and fewer than 6 grams of sugars.
- Look for the whole grains seal.

2. Choose whole-grain breads and crackers for lunch or snacks.

- Stuff whole wheat pita with veggies and hummus, spread natural peanut butter on whole grain crispbread, or sprinkle whole grain cereal on low fat yogurt, or wrap light tuna and veggies in a whole wheat tortilla.
- Remember to read the ingredients list and look for at least 3 grams of fiber per serving.

3. Avoid foods with hydrogenated oils and high fructose corn syrup.

- Look for these words on the ingredients list.

4. Explore the wild world of starches.

- Corn, peas, sweet potatoes, winter squash, brown rice, bulgur, wheat berries, millet, or hulled barley add balance, nutrition and fiber to meals.
- Experiment with new grains. Ask store employees how to prepare new to you grains or look for recipes online.

TO CREATE HEALTHY HABITS

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